

# HHPA 174 : SWIMMING I-SWIM FITNESS AND TECHNIQUE

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## Transcript title

Swimming I-Swim Fit and Tech

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

Swim Fitness and Technique helps student feel safe and comfortable in the water for at least ten minutes at a time, incorporating and refining swimming strokes.

## Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of swimming to develop overall physical fitness and enhance sport activities.
3. Improve swim stroke and efficiency in the water using various methods such as crawl stroke, butterfly, back stroke and breast stroke.

## Content outline

Swimming assessment Dry land preparation Floating, front and back Back stroke Basic front crawl stroke Front crawl stroke Breaststroke swimming Butterfly techniques Swim one mile

## Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

## General education/Related instruction lists

- Health